



# PALMYRA ELEMENTARY SCHOOL LUNCH MENU

## April 2011



### BREAKFAST MENU

#### Monday

Assorted Cereal w/  
Toast

#### Tuesday

Ham, Egg, Cheese on  
an English Muffin

#### Wednesday

Cinnamon Bun

#### Thursday

Honey Wheat Bagel  
w/ Jelly

#### Friday

Pancake Wrap

#### Daily Breakfast

#### Choices:

~Assorted Whole  
Grain Cereals with  
Toast

~Variety of Fresh  
Bagels

~Hot Entrée

All breakfasts served  
with  
Fruit and  
Low Fat Milk

#### Menu

**Subject to Change**



[www.gotoinnutrition.com](http://www.gotoinnutrition.com)

### MONDAY



### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SECOND CHOICE

**Available Daily at Lunch: A wide variety of fresh  
fruits and vegetables.  
Milk Choices: Skim, 1% Flavored, 2% White**

4. Cycle Day 5

Lasagna  
Side Salad  
Garlic Toast  
Sliced Peaches  
1/2 Pint Milk

5. Cycle Day 6

Hot Pork Sandwich  
Mashed Potatoes w/  
Gravy  
Orange Smiles  
1/2 Pint Milk

6. Cycle Day 1

Chicken Fries w/  
Wheat Bread  
Seasoned Green Beans  
Banana  
1/2 Pint Milk

7. Cycle Day 2

Meatball Hoagie  
Fresh Broccoli w/ Dip  
Apple Crisp  
1/2 Pint Milk

8. Cycle Day 3

Macaroni & Cheese  
Marinated Vegetable Salad  
Bread Sticks  
Diced Pears

11. Cycle Day 4

Hot Dog on Bun  
Fries  
Mixed Fruit  
1/2 Pint Milk

12. Cycle Day 5

Sweet & Sour Chicken  
Oriental Rice  
Cucumber Slices  
Mandarin Oranges  
1/2 Pint Milk

13. Cycle Day 6

Fiesta Bowl (seasoned  
ground beef, rice, corn,  
cheese & salsa)  
Churros  
Diced Peaches  
1/2 Pint Milk

14. Cycle Day 1

French Toast Sticks  
Sausage Patty  
Tatar Tots  
Orange Smiles  
1/2 Pint Milk

15. Cycle Day 2

Baked Ziti (ziti pasta,  
marinara sauce,  
mozzarella cheese)  
Side Salad  
Garlic Toast  
Banana  
1/2 Pint Milk

18. Cycle Day 3

Turkey Club Sandwich  
Broccoli & Cheese  
Applesauce  
1/2 Pint Milk

19. Cycle Day 4

Tuna Casserole  
Dinner Roll  
Seasoned Green Beans  
Fresh Grapes  
1/2 Pint Milk

20. Cycle Day 5

*Snow Make Up Day*  
Philly Cheese Steak  
Hoagie  
Oven Baked Fries  
Peach Crisp  
1/2 Pint Milk

21. *Spring Break*

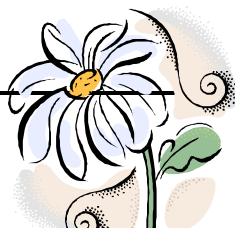
**No School**

22. *Spring Break*

**No School**

25. *Spring Break*

**No School**



26. Cycle Day 6

Hot Sicilian Sandwich  
w/ Marinara Sauce  
Seasoned Corn  
Tropical Fruit Blend  
1/2 Pint Milk

27. Cycle Day 1

Jamaican Pork  
White Rice  
Stir Fry Vegetable  
Apple  
1/2 Pint Milk

28. Cycle Day 2

Hot Turkey Sandwich  
w/ Gravy  
Mashed Potatoes  
Diced Peaches  
1/2 Pint Milk

29. Cycle Day 3

Nacho w/ Beef  
Fiesta Corn  
Lettuce & Tomato Cup  
Fruit Cocktail  
1/2 Pint Milk

**FRIDAY**  
Our Own Pizza



Food Service Director  
**Alaina Avery**  
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